

Source Naturals®
23 Janis Way
Scotts Valley, CA 95066

April 21, 2004

Office of Special Nutritionals (HFS-450)
Center for Food Safety and Applied Nutrition
Food and Drug Administration
200 C St. SW., Washington, D.C. 20204



RE: Notification of Nutritional Support Statements


To whom it may concern:

I hereby notify the Food and Drug Administration (FDA) of the use of statements of nutritional support in the labeling of 5-HTP, a dietary supplement. Source Naturals® is the manufacturer of 5-HTP.

Statements being made in the labeling of 5-HTP

- 1) 5-HTP (L-5-Hydroxytryptophan) is an intermediate in the natural conversion of the essential amino acid, tryptophan, to serotonin.
- 2) Clinical studies have shown that 5-HTP increases the amount and availability of serotonin produced by the body.
- 3) Increased brain serotonin levels may produce positive effects on emotional well-being, appetite regulation, melatonin production and maintaining a healthy sleep cycle.

To the best of my knowledge and belief, and based upon information available at the time of the execution of this notice, I certify that the above information is accurate and complete. Source Naturals® possesses substantiation that the statements are truthful and not misleading.


Ira L. Goldberg
President, Source Naturals®

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